



# SIR HAPPENINGS

August 2020

Volume 16

Issue 3

The Mission of SIR is to Improve the Lives of Our Members Through Fun Activities and Events—While Making Friends For Life

## **Live Longer, Live Happier, Join SIR!**

**[www.WeAreSIR.com](http://www.WeAreSIR.com)**

July 25, 2020

Wow, what a change since I wrote my last President's letter on April 2, 2020 has sure changed my focus from volunteerism and recruiting to member engagement. That's not to imply that volunteerism and recruiting are not key issues facing us, but right now it's member engagement that takes precedence.



### **Continuing to Engage SIR Members**

Why? I am concerned that if our members do not stay engaged with their Branch and SIR they may drift away from us when regulations finally relax and we are able to achieve some degree of normalcy, whatever that may be. All of you have likely seen your Branch placing emphasis on ZOOM virtual BEC meetings, monthly luncheons and activities that are indoor-oriented and unable to currently meet in person.

So, if you have an opportunity to attend one of these ZOOM meetings, please take it. You don't need any particular computer technology knowledge, and there are guys in your Branch that can help you get started. Is it as good as getting together in person? Well, no, but it's better than just hanging around the house and getting in your spouse/partner's hair. She'll love you for it, and that's a real side benefit.

### **Building SIR's Public Image**

Many of us have frequently said that SIR is the best kept secret in town. Well, we are finally trying to do something about it. After struggling with the solutions for years, we have finally hired some outside help. If we could successfully manage our image in our communities, I believe we would be better able to attract members and lessen the job of recruiting. SIR has engaged MCO Associates, a highly recommended public image consulting firm in Sacramento to provide us with a recommended plan.

The objectives of the engagement are twofold:

Enhance SIR's public image

Target and reach potential members who have the discretionary time to participate in SIR activities and encourage them to join SIR

MCO's principal consultant, Mary Odberg, has been spending time getting up to speed on what SIR is about – In doing so she's interviewed a range of our leaders and reviewed numerous documents related to our past and present efforts. We then developed SIR's first all-member survey. The survey was sent to all our members with email addresses the week of July 19, and the survey cut off was July 27. Thanks to all the 4,000 plus Sirs who completed it.

The next task is to analyze all the data and use all the information gathered to build implementation

# Notes from SIR State President

recommendations. Our consultant's implementation recommendations will first be shared with SIR Leaders at our ZOOM Annual Meeting on August 19. After the Board has had time to digest the information and recommendations, we will be sharing the recommendations and our proposed action plan with all of you

## Our UCSF Collaboration

And speaking of surveys, there's another one on the horizon. Building on our successful UCSF/SIR Survey in 2019, we have accepted the challenge to participate again. The purpose of this survey, named "Perspectives on the Impact of COVID-19," is to learn how the COVID-19 pandemic has affected your daily life and interactions with your local community and the medical community. It will likely be emailed the week of August 30, so please watch for and complete it.

This survey will take approximately 15 to 20 minutes to complete, and you and your spouse/partners are encouraged to participate. We cannot overstate how valuable this information will be to the medical and public health community. By sharing your experiences, UCSF and their partners will learn how to make the next 12 to 18 months better for older adults and their families. As in 2019, your email addresses are not shared with UCSF, and the survey will be completely anonymous. I ask each of you to participate.

Our responses and their impact will be shared with you in October.

## 2020 SIR State Officer Elections

One of the key reasons we conduct an Annual Meeting is to elect the SIR State Officers for the upcoming year. As usual, we have an excellent group of candidates. They are the following:

President, Jim Johnson  
Vice President, Stu Williams  
Secretary, Ron Flagel  
Treasurer, Roy Hodgkinson  
Chief Administration Officer, Dean Steichen  
Assistant Secretary, Dale Decker  
Assistant Treasurer, Ron Saltgaver

Their resumes will be posted on [www.sirinc.org](http://www.sirinc.org) shortly.

Well, that's all the news for now. As usual, should you have questions or comments, please email them to me at [ebensonbwa@aol.com](mailto:ebensonbwa@aol.com). They are welcomed, and I try to respond to all of them.

Best regards, and stay safe,

Ed

## Publication Deadline for Future Issues

### SIR Happenings will be published Quarterly

#### Deadline for future issues will be:

- *January 15 for the February Issue*
- *April 15 for the May Issue*
- *July 15 for the August Issue*
- *October 15 for the November Issue*

### STATE OFFICERS

STATE PRESIDENT  
Ed Benson

STATE VICE-PRESIDENT  
Jim L. Johnson

STATE SECRETARY  
Stuart Williams

ASSISTANT STATE SECRETARY  
Ronald C. Flagel

STATE TREASURER  
Roy Hodgkinson

ASSISTANT STATE TREASURER  
Ronald K. Saltgaver

CHIEF ADMIN OFFICER  
Dwight B. Sale

# State Board Meeting





# State Board Meeting



SIR Dean J. Steichen-INFOSYS



SIR Derek Southern-SIR Foundation



SIR Mark Stuart-RD-1-Golf Chairman



SIR John Haffner-RD-5



SIR President Ed Benson



SIR Craig Hoffhines-Insurance Chairman



SIR Carl Mason-AG-7



SIR Bruce Persons-AG-16



SIR Rick Kindle-RD-2



SIR Pat Reed-AG-18



SIR Lee Lamp-Big SIR



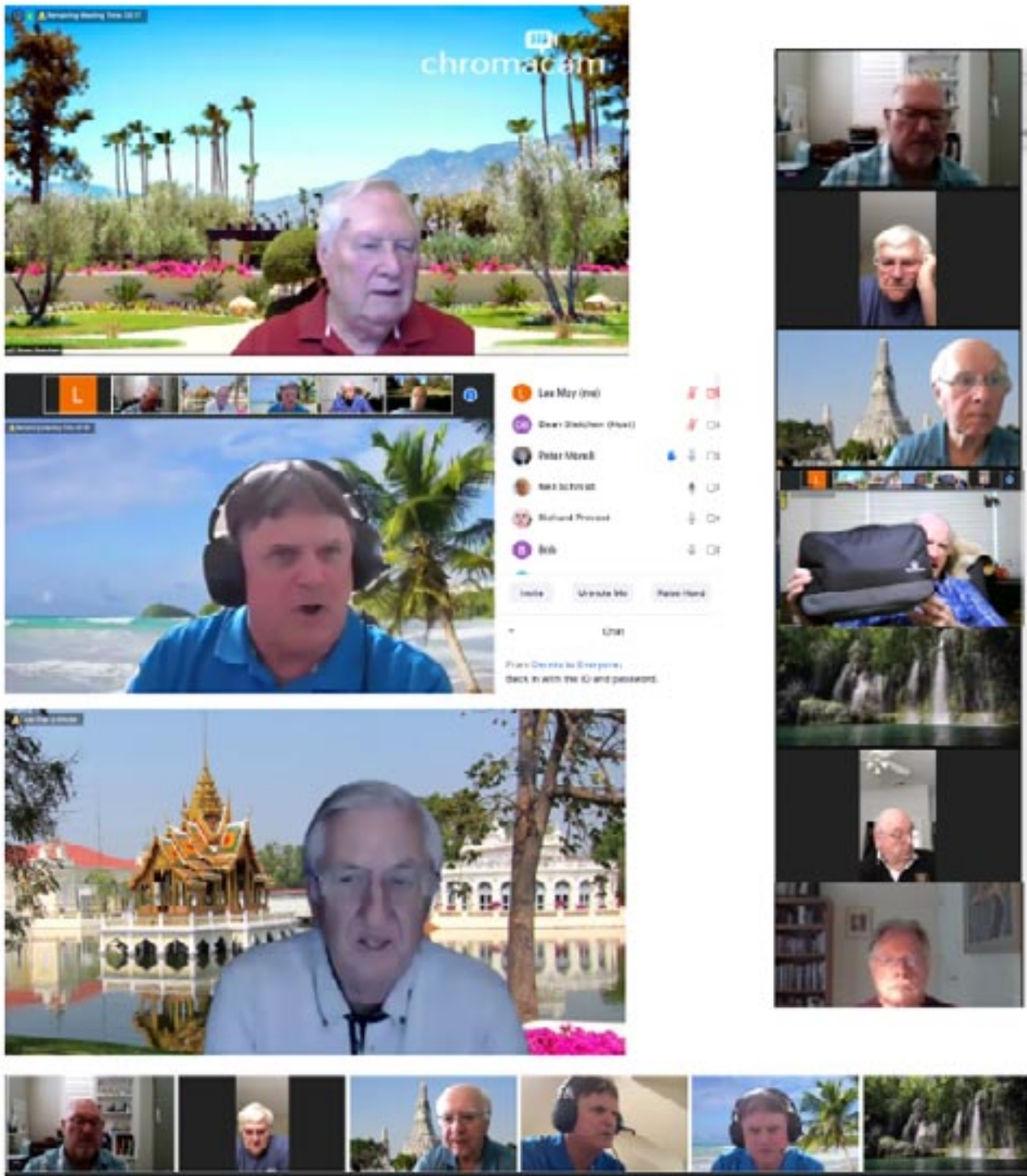
SIR Phil Thomas-AG-11



**SIR Leadership**  
tackling today's issues  
June 2, 2020



# Zooming



Zoom 101 Training  
Due to the Shelter-in-Place  
State SIR is utilizing technology  
and resorting to virtual meetings.

AG Lee Moy  
State SIR Sports



# Zooming

Branch 59 Fremont—Cyber Geezers



Check out the revamped SIR Website:

<https://sirinc.org/>

Same name but "New" look

# Branch 1 San Mateo

## Isolated at Sea and on Land

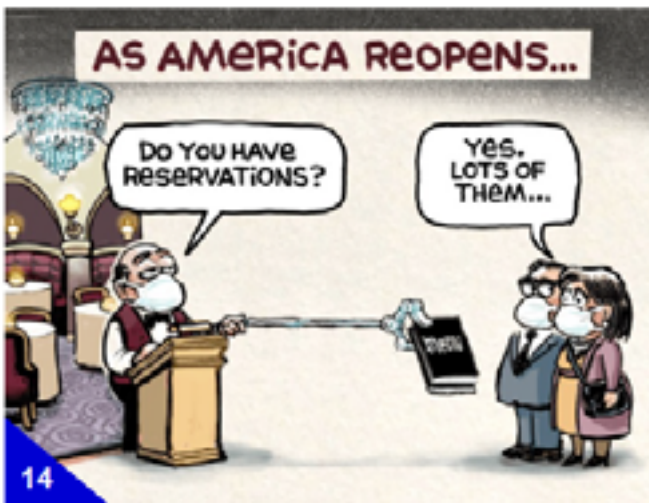
### SIR Frank & Franca Benvenuto's *Grand Princess* Ordeal

Kevin Moran called Frank Benvenuto as part of Mike Garoutte's effort to keep SIRs connected during the quarantine (see **SIRs Staying Connected** on next page). Kevin learned that Frank and wife Franca were caught-up in the early stages of the COVID-19 pandemic while returning from their Hawaiian cruise aboard the *Grand Princess*.



The box on the right chronicles the major events and general timeline of this extraordinary episode in maritime public health.

Frank related that the first hint that something was afoot was at lunch when everyone was told to return to their cabins. They soon learned that there was a outbreak of COVID-19 on the ship and all passengers would have to stay quarantined in their cabins for the remainder of the cruise. When the ship reached San Francisco Bay, authorities did not approve its docking at San Francisco, as originally planned. After a day of uncertainty, the ship was given clearance to dock at  
(continued on next page)



#### What are the Exact Details?

#### COVID-19 on the *Grand Princess*

During February 11–21, 2020, the *Grand Princess* cruise ship sailed roundtrip from San Francisco, California, making four stops in Mexico (Voyage A). Most of the 1,111 crew and 68 passengers from voyage A remained on board for a second voyage, a roundtrip from San Francisco during February 21–March 7, making four stops in Hawaii (Voyage B). On March 4, a clinician in California reported two patients with COVID-19 symptoms who had traveled on voyage A; one of whom tested positive for SARS-CoV-2. The Center for Disease Control notified the cruise line, which began cancelling group activities on voyage B. More than 20 additional cases of COVID-19 developed in people who had traveled on Voyage A but not Voyage B, the majority in California, plus one death. On March 5, a response team was transported by helicopter to the ship to collect specimens for SARS-CoV-2 testing of 45 passengers and crew with respiratory symptoms; 21 (46.7%), comprising two passengers and 19 crew, tested positive for the virus. All passengers and symptomatic crew members self-quarantined in their cabins, and room service replaced public dining until disembarkation. Following the ship's docking in Oakland, California, on March 8, passengers and crew were transferred to land-based sites for a 14-day quarantine.

#### *Grand Princess* Ordeal (continued from previous page)

Oakland. There, passengers boarded a bus but were not told where they were going. After three hours they reached Travis Air Force Base in Fairfield, where they entered a locked compound and were assigned a room – their bedroom and dining room for the next two weeks. They were allowed to walk around outside and enjoy the spring weather. The food service was confused the first few days, while their hosts figured out how to serve everyone efficiently. Each day their hosts gave them an update of what was happening.

SIR Frank was remarkably sanguine about being quarantined for a total of 19 days. He concludes, "We were glad to be home," and remarked further, "It's not the fault of Princess Cruises. They covered all our extra expenses on the Hawaii trip and gave us a voucher good for another cruise of the same value."



**"Er, thanks, but I'm good"**



## What Species is a Phone Tree?

### SIRs Staying Connected

During the new Book Discussion Group's first "Open Discussion" session, Mike Garoutte brought up the compassionate idea of a "Phone Tree" of volunteers who would call all Branch One members to make sure they're OK during the current quarantine and see if they needed any help. Mike, together with Kevin Moran, Jim McKim, Jack Murray, and Herb Deitz, divided up the names in the Branch One Roster and started calling. Anyone who has not received a call and would like to be contacted, let Mike know (650-867-5717, [garouttes@aol.com](mailto:garouttes@aol.com)) and a brother SIR will call to see how you're doing.



## Who Ya Gonna Call? Fly Swatters!

Wife comes home to find her retired husband waving a rolled up newspaper round his head.

**Wife:** "What are you doing dear?"

**Husband:** "Swatting flies. I got three males and two females"

**Wife:** "How on Earth do you know which gender they were?"

**Husband:** "Easy: three were on the beer, and the other two were on the phone."



## So Many Good Ones to Choose from...

### Top Vote Getters...

The May Bulletin presented the smiling photos of 23 Branch One SIRs (plus Mad's Alfred E. Neuman!) and asked Members to name their top three choices. Every smile (including Neuman's!) received at least a few votes. Those finishing in fourth, fifth and sixth places after the winners only fell a few votes short of the top three finishers. Lots of great smiles in SIR!

Those receiving the most votes were (in alphabetical order) Michael Garb, Tom Keefer and Bill Schmid.



Michael



Tom



Bill

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## Share Your Favorites – June's Winners

### Whatever "Wins Your Contest"

Several Branch One Members took a few minutes to be silly and shared their favorite *Whatever* phrases. If you don't see yours below, it will appear in July. The winners and the rest: *Whatever...*



**1st Place:** ...staves your staves.

**2nd Place:** ...freezes your cubes.

**3rd Place:** ...scratches your itch.

**4th Place:** ...shucks your corn.

**Best Pun:** ...Mazels your tov.

**Risque:** ...fires your cannon.

Every one of the entries was amusing in its own way and choosing the winners was mostly arbitrary.

Here are the other excellent entries: *Whatever...*

...tightens your belt.      ...grills your steaks.

...juggles your jelly.      ...baits your hook.

...hoists your sail.      ...washes your back.

...toasts your bagel.      ...loads your gun.

Please take a few minutes to be silly and share your favorite *Whatever* phrases with your fellow SIRs. Send them to [JM330@att.net](mailto:JM330@att.net)



## Take the Quiz and Find Out...

### Older or Younger Than You Think?

From the following list of 48 items, ☒ all the ones that you lived with, but not the ones you only heard or read about!

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Home milk delivery in glass bottles with cardboard stoppers | <input type="checkbox"/> Teaberry gum   | <input type="checkbox"/> Ramblers  |
| <input type="checkbox"/> Coffee shops with tableside jukeboxes                       | <input type="checkbox"/> DeSotos  | <input type="checkbox"/> Perculators   |
| <input type="checkbox"/> P.F.Flyers  | <input type="checkbox"/> Wax Coke-shaped bottles with Kool-Aid inside               | <input type="checkbox"/> Edsels  |
| <input type="checkbox"/> Newsreels before movies                                     | <input type="checkbox"/> Absorbine Jr.  | <input type="checkbox"/> Butch wax   |
| <input type="checkbox"/> Soda-pop machines that dispensed bottles.                   | <input type="checkbox"/> Carter's little liver pills                                | <input type="checkbox"/> Cisco Kid   |
| <input type="checkbox"/> Telephone numbers with a word prefix (e.g. Olive 6933)      | <input type="checkbox"/> Washtub wringers   | <input type="checkbox"/> Hudsons   |
| <input type="checkbox"/> Upright console radios in wooden cases                      | <input type="checkbox"/> Party telephone lines                                      | <input type="checkbox"/> Erector sets  |
| <input type="checkbox"/> Viceroy cigarettes  | <input type="checkbox"/> S&H Green stamps   | <input type="checkbox"/> Mimeograph copies   |
| <input type="checkbox"/> Drive-in theaters   | <input type="checkbox"/> Gas stations that pump gas, check oil & clean wind-shields | <input type="checkbox"/> Howdy Doody   |
| <input type="checkbox"/> Packards  | <input type="checkbox"/> Metal ice trays with lever                                 | <input type="checkbox"/> Falstaff Beer   |
| <input type="checkbox"/> Kaisers (cars)  | <input type="checkbox"/> Francis the talking mule                                   | <input type="checkbox"/> Phones with no dial or push buttons and live operators who ask "Number please." |
| <input type="checkbox"/> Clark gasoline  | <input type="checkbox"/> Elgin watches  | <input type="checkbox"/> Bromo-Seltzer   |
| <input type="checkbox"/> Burma Shave   | <input type="checkbox"/> 45 RPM & 78 RPM records                                    | <input type="checkbox"/> Studebakers   |
| <input type="checkbox"/> Roller skate keys   | <input type="checkbox"/> Instamatic Cameras   |  |

Score: \_\_\_\_ (number of boxes checked) Your "age":  
 0 - 12 = you're still young, 13 - 24 = you're getting older,  
 25 - 36 = don't tell your age, 37 - 48 = you're older than you think! Did you remember all of them? You did!? Emmm!



"You're nice, but I can't get serious about a man who has a laxative jingle for this ring tone."

## Share Your Favorites – July's Winners

### Whatever "Wins Your Contest"

Several Branch One Members took a few minutes to be silly and shared their favorite *Whatever* phrases. If you don't see yours below, it will appear in July. The winners and the rest: *Whatever...*



- |              |                          |
|--------------|--------------------------|
| First Place  | ...blogs your blog.      |
| Second Place | ...twirls your dreidel.  |
| Third Place  | ...encrypts your code.   |
| Fourth Place | ...stamps your passport. |
| Best Pun     | ...Peters your Pan.      |
| Risque       | ...polishes your knob.   |

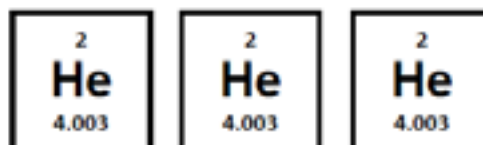
Every one of the entries was amusing in its own way and choosing the winners was mostly arbitrary.

Here are the other excellent entries: *Whatever...*

- |                         |                        |
|-------------------------|------------------------|
| ...presses your pants.  | ...mines your coal.    |
| ...flushes your toilet. | ...darns your socks.   |
| ...glazes your windows. | ...cooks your goose.   |
| ...bubbles your bath.   | ...hops your beer.     |
| ...shingles your roof.  | ...fires your cracker. |



"Yes! That was very loud SIR, but I said I wanted to hear your HEART!"



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Laughing Gas (He = helium)



# Branch 17 Santa Rosa

Pictures from some of the SIR members and partners that received special "home made masks" produced for by SIR Chris Nolen  
**THANKS Chris, for your thoughtfulness and generosity in helping all of us to stay safe and healthy!**



Dennis & Delphine Mangan



Lorraine & Robert Reuther

**Mother's  
Day**



Elias & Nancy Zegarra

**Sunday,  
May 10<sup>th</sup>**





# Branch 17 Santa Rosa

**Speaker for June 18<sup>th</sup> SIR General Meeting,  
on Zoom, by SIR Brn 17 Paul Willihnganz**

The USS Thresher, the first of a new class of deep-diving fast attack nuclear submarines, was lost with all hands while undergoing sea trials off the coast of New London, Connecticut on April 10, 1963.

In 2005, the USS San Francisco, a Los Angeles class nuclear submarine, hit a submerged mountain while operating submerged at full speed. She survived, but her survival was no accident.

Paul Willihnganz, was a submarine officer who played an important role in the SUBSAFE Program, and the Deep Submergence Systems Project, which followed the loss of Thresher. He will tell us about these programs and how they helped expand and revolutionize the underwater operations of the U.S. Navy.

## GLOBAL FORUM: (Article by Marvin Mai)



Even though our "in person" meetings have been canceled we have held two "virtual" meetings via "Zoom."

Although, we have not developed a cure for COVID-19, we've alleviated a little of the quarantine boredom. We briefly explored, what the "new normal" will look like and these "Zoom" meetings seem to be working quite well. Please give us a try!



We will have more to explore about the new release of some restrictions and what new businesses can start to reopen. Also, of course are all the other global issues such as: Iran, China, Hong Kong, North Korea, Syria and Turkey.

If you'd like to be included in the next "Zoom" meeting to on **Friday, June 5<sup>th</sup> at 10:00 am** for Global Forum and need more information about how to use "Zoom," then please send an email to Marvin at [malmarvin57@gmail.com](mailto:malmarvin57@gmail.com) or give him a call at 545-2224.



### Properly Display Our Flag

Care and handling of the American flag is steeped in tradition and respect. There is a right way and a wrong way to display the flag. This is called **Flag Etiquette**. The American flag should be held in the highest of regards. It represents our nation and the many people who gave their lives for our country and our flag. Here are the basics on displaying the American flag:

- The flag is normally flown from sunrise to sunset.
- In the morning, raise the flag briskly. At sunset, lower it slowly and never let your flag touch the ground, never, period.
- The flag should not be flown at night without a light on it, nor it should not be flown in the rain or inclement weather.
- After a tragedy or death, the flag is flown at half staff for 30 days.
- When your flag is old and has seen better days, it is time to retire it. Old flags should be burned or buried. Please do not throw it in the trash.

## Nothing fashionable to wear?



## It don't matta.

Come join us  
for a fun day of golf.

The place to be is the Bennett Valley  
Golf Course - The time to be there is  
Monday mornings starting at 8:30.

*Hope to see you all out there.*

Until next time, Good Golfing,

Roy Thuestad  
707-975-4406

[roymond@comcast.net](mailto:roymond@comcast.net)

### Origin of Flag Day

In 1775, the first American flag, called the Continental colors, was created for our fledgling country. But, it looked too similar to the British flag. So, on June 14, 1777, the Second Continental Congress passed a resolution that "the flag of the United States be 13 stripes, alternate red and white," and that "the union be 13 stars, white in a blue field," representing a new constellation. It wasn't until 1916, that President Woodrow Wilson issued an official decree making June 14<sup>th</sup> Flag Day.

# Branch 38 Mt. Hamilton

After going on almost 4 weeks of self-quarantine, I thought I would share my diary of the two weeks.

## My Self-Isolation Quarantine Diary:

Day 1 - I Can Do This!! Got enough food and wine to last a month!

Day 2 - Opening my 8th bottle of wine. I fear wine supplies might not last!

Day 3 - Strawberries - Some have 210 seeds, some 235 seeds. Who Knew??

Day 4 - 8:00 PM. Moved my day Pajamas and put on my night Pajamas.

Day 5 - Today, I tried to make hand sanitizer. It came out as Jello Shots!!

Day 6 - I get to take the garbage out. I'm SO excited, I can't decide what to wear.

Day 7 - Laughing way too much at my own jokes!!

Day 8 - Went to a new restaurant called "The Kitchen". You have to gather all the ingredients and make your own meal. I have No clue how this place is still in business.

Day 9 - I put liquor bottles in every room. Tonight, I'm getting all dressed up and going bar hopping.

Day 10 - Stuck up a conversation with a spider. Seems nice. He's a Web Designer.

Day 11 - Isolation is hard. I swear my fridge just said, "What the hell do you want now?"

Day 12 - I realized why dogs get so excited about something moving outside, going for walks or car rides. I think I just barked at a squirrel.

Day 13 - If you keep a glass of wine in each hand, you can't accidentally touch your face.

Day 14 - Watched the birds fight over a worm. The Cardinals leads the Blue Jays 3-1.

Day 15 - Anybody else feel like they've cooked dinner about 395 times this month?

But I'm still hanging in there.

Stay safe and stay healthy.



Ever wonder why the flickering flame on a candle is teardrop shaped?

The teardrop shape of a flickering flame on a candle is influenced by gravity.

Flames that burn in space are rounded rather than pointed at the tip, bluish in color only, and emit so little light that it's difficult to even see them.



# Branch 38 Mt. Hamilton

Entertainment to keep busy during these difficult times.  
Tap on screen, have patience while it loads.  
Enjoy (sorry if you rooted for the 49ers)

And if you miss baseball here is another:



Here is your May challenge:



From where in the Village was this photo taken?

Send your responses to [schlager01@aol.com](mailto:schlager01@aol.com), winners to be named in a future newsletter.

# Folsom Branch 49

## Special message to all IRA owners

As part of the CARES Act that Congress just recently passed, I wanted to let you know that, for 2020, RMDs are now waived. This includes those people with Inherited IRAs and those who would have been required to begin taking RMDs in 2020.

Therefore, if you are currently taking (or scheduled to take) an RMD for 2020 and you do NOT need the money for living expenses, I would highly suggest you consider not withdrawing that money.

There are a few benefits to this. Your tax burden for 2020 may be reduced; this reduction may actually reduce your Medicare premiums; and not taking a distribution will allow your money to stay in your account growing tax deferred for another year.

Remember, this is not a delay in the 2020 RMD: You will not have to take two distributions in 2021 and pay more in taxes.

## Branch 49 Golf Club

Chairman: Don Fuller, 916-791-4581

Asst. Chairman/Prize Dir: Ron Schultze, 916-409-5501

Tournament Directors: Ed Nishio & Tim Hammon

Treasurer: Jack DuBe, 916-989-9131

Secretary/Special Projects: Tom Coultas

Rules Chairman: Bill Bertsch

Advisor: Tom Baker



Don Fuller



## BOWLING REPORT

Nothing has happened in the last month with regard to the SIRS 49er bowling league. The league was scheduled to end on April 29, followed by our sweepstakes and our awards luncheon in the next two weeks. The only remaining activity is the distribution of team prize funds and monetary achievement awards, individual and team. This will happen when the league secretary is able to obtain the funds from the house. Stay safe everyone and we are hoping to restart the fall league in September.

Wayne Philpot



"Payback time."

Catch all the latest fishing reports and news at:

<http://www.jollyhookers.org/>



Celebrated annually on June 20, the observance commemorates the day in 1782, when the bird was added to the official Seal of the United States.



Finally, a few chuckles for your leisure moments,  
courtesy of Nick Econome.

- I hope they give us two weeks notice before sending us back out into the real world. I think we'll all need the time to become ourselves again. And by "ourselves" I mean lose 10 pounds, cut our hair and get used to not drinking at 9:00 a.m.
- New monthly budget: Gas \$0 Entertainment \$0 Clothes \$0 Groceries \$2,799.
- Breaking News: Wearing a mask inside your home is now highly recommended. Not so much to stop COVID-19, but to stop eating.
- Low maintenance chicks are having their moment right now. We don't have nails to fill and paint, roots to dye, eyelashes to re-mink, and are thrilled not to have to get dressed every day. I have been training for this moment my entire life!
- When this quarantine is over, let's not tell some people.
- I stepped on my scale this morning. It said: "Please practice social distancing. Only one person at a time on scale."
- Not to brag, but I haven't been late to anything in over 6 weeks.
- It may take a village to raise a child but I swear its going to take a vineyard to home school one.
- I wanted zombies and anarchy. Instead we got working from home and toilet paper shortages. Worst. Apocalypse. Ever.
- You know those car commercials where there's only one vehicle on the road - doesn't seem so unrealistic these days ...
- They can open things up next month, I'm staying in until July to see what happens to you all first.
- Day 37: The garbage man placed an AA flyer on my recycling bin.
- The spread of Covid-19 is based on two things: 1. How dense the population is. 2. How dense the population is.
- Appropriate analogy: "The curve is flattening so we can start lifting restrictions now" = "The parachute has slowed our rate of descent, so we can take it off now".
- People keep asking: "Is coronavirus REALLY all that serious?" Listen y'all, the churches and casinos are closed. When heaven and hell agree on the same thing it's probably pretty serious.
- Never in a million years could I have imagined I would go up to a bank teller wearing a mask and ask for money.
- Home school Day 1: I'm trying to figure out how I can get this kid transferred out of my class.
- Putting a drink in each room of my house today and calling it a pub crawl.
- Okay, the schools are closed. So do we drop the kids off at the teacher's house or what?
- For the second part of this quarantine do we have to stay with the same family or will they relocate us? Asking for myself ...
- Coronavirus has turned us all into dogs. We wander around the house looking for food. We get told "No" if we get too close to strangers and we get really excited about going for walks and car rides.
- The dum best thing I've ever bought was a 2020 planner ...
- I was in a long line at 7:45 am today at the grocery store that opened at 8:00 for seniors only. A young man came from the parking lot and tried to cut in at the front of the line, but an old lady beat him back into the parking lot with her cane. He returned and tried to cut in again but an old man punched him in the gut, then kicked him to the ground and rolled him away. As he approached the line for the 3rd time he said, "If you don't let me unlock the door, you'll never get in there."

Enjoy your day. You don't have anything else to do. Jack DuBé



## In Memoriam Fred J. (Bud) Powers



Bud died on Friday, June 26th, 9 days after his wife of almost 67 years Passed away. Bud would have been 96 on July 27<sup>th</sup>, and was our most senior member, joining Br 49 in March of 1993. This was a real man, and was loved and respected by everyone. Bud was the bar manager at our lunches for many years, and continued as a bar helper after he stepped down from the manager job. Bud and his wife Bernie had six children, five of whom are still alive. Bud joined the Marine Corps at the outset of WWII, serving as a bomb loader for Marine Corps planes in the Philippines. He re-enlisted during the Korean Conflict, but the fighting ended before he was deployed. He became a Journeyman Plumber and steamfitter, and worked on many iconic California building projects during his career. He retired about 1987, and joined SIR 6 years later. Bud loved fishing and began playing and loving golf after his retirement.



He was my friend, and I am delighted to have known him.

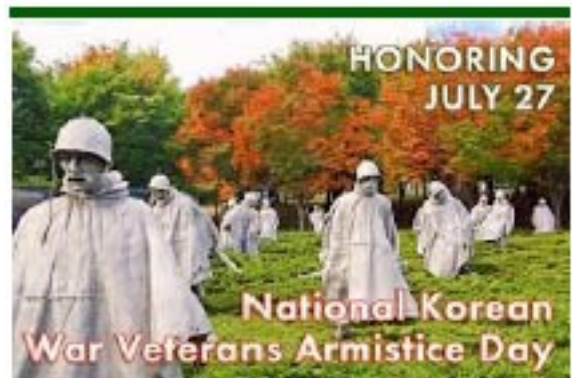
Jack



I'm sitting here in Montana hoping that all my friends at Branch 49 are keeping safe from the Covid-19 Pandemic. This is a difficult time for us that are active in both indoor and outdoor activities. Even in Montana, we are experiencing a rise of cases as they are reopening businesses and activities that bring people closer together. I'm still maintaining my social distancing, wearing a face-mask in public, and each week I head out on my ATV and practice extreme distancing from others and try to continue keeping my mind busy. The picture is near where I live and I still run into snow on my rides. The wildflowers are emerging with a beauty that is hard to describe and it gives me hope things will start getting back to normal again.



Greg Estep





# Branch 59 Fremont

## Branch 59 Fremont BEC Meeting



### Can't Put a Name to a Face?

Visit our branch website at  
[www.sirbranch59.org](http://www.sirbranch59.org)

Click on the Member Gallery tab on the website and then enter the password: SIR59

Anyone that is interest in joining the BEC meeting on Wednesday, July 15 is welcome. The BEC meeting begins at 10:30, but we will have small group meetings forming at about 11:30. Join us—all Branch 59 members and guests are welcome.

Join Zoom Meeting

<https://us02web.zoom.us/j/955020906>

Meeting ID: 955 020 906



### Cyber Geezer Meeting

Cyber Geezers usually meet on the Tuesday following our monthly SIR Luncheon. Our next meeting will be held on July 21st via Zoom, I will send out instructions via email prior to the actual meeting. The meeting time is from 1:00 to about 2:30 PM. We will again include Seniors of the Greater Niles Village, and any Sir Member wanting information.

At our June meeting we had a great group of "Zoomers" and discussed many aspects of "Zoom" such as security, screen sharing, waiting rooms, chat and virtual back-grounds. We also discussed "Cutting the Cord", high speed internet services—what's available, VOIP phone services, streaming devices such as Roku, Amazon Fire Stick, Apple TV, and streaming services such as Hulu, Sling TV, Philo, YouTube TV, and AT&T Now and briefly discussed Password Managers such as LastPass.

No specific topic has been scheduled for our July session. The information below is needed to join the meeting. See page one of this issue for more Zoom information.

Join Zoom Meeting

<https://us02web.zoom.us/j/96358532596>

Meeting ID: 963 5853 2596

# Branch 62 Sunnyvale

## SIR Travel – Branch 62

**Travel Chairman: Jim Hohenshelt (408 394-7226). Assistant: Roy Jordan (408 735-8765)**

**Trip brochures are available on the Branch website [branch62.sirinc2.org](http://branch62.sirinc2.org) (click Travel, then the trip), or from the travel chairmen or at the travel table at the monthly Branch 62 Luncheon**

**Reminder:** Trips organized by Sons in Retirement (SIR) are available to SIR members and their spouses, also to guests and widows of SIR members.

The covid-19 has disrupted our travel, in addition to its effect on the rest of SIR and Branch 62. Both of our Branch 62 trips have been cancelled, as noted below. There are still a few trips by other Area 11 branches listed in the Area 11 Travel Bulletin. Their brochures can be seen on [sirbranch125.org](http://sirbranch125.org), click **Travel** at the bottom of the home page. When we start having Branch 62 luncheons again, we expect that trip brochures will be available on the travel table. Any questions, please call Jim or Roy.

### June Meeting

*At the present time, the plan is to have a virtual meeting via Zoom on Thursday, June 18<sup>th</sup>.*

*Look for a Branch 62 e-mail with details on how to join the meeting and who the speaker will be.*

### SIR Branch 62 Zoom Luncheon

We held our first Zoom Luncheon in May and it was a raving success with 24 members present. We had a great speaker with important information for many of us (maybe all of us in the future). The technology held up and everyone that joined us was able to participate. The June "Picnic" will also be held on Zoom (wish we had "smell-a-vision"). Watch your email for details.

### Branch 62 Web Site

Have you visited our web site lately?

Want to read the joke from the luncheon?

Need to contact the speaker?

Forget the luncheon's speaker details?

Want to see what other members are doing during COVID-19?

Want to read back issues of the Rooster?

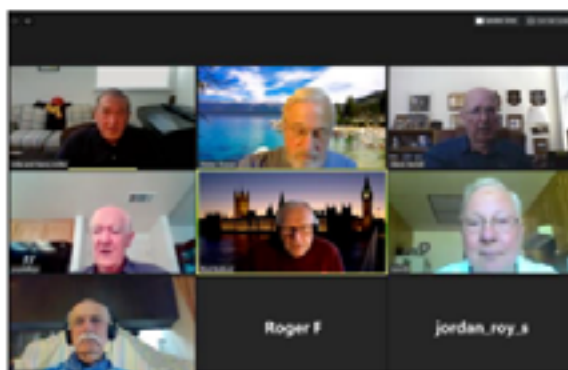
Get all of this and more on our Web Site at:  
<https://sirinc2.org/branch62/index.php>

Heber Slusser

### Nine Hole Golf

Nine Hole Golf is back on! Every Wednesday from 8 AM to 9 AM at Sunken Gardens.

### SIR Branch 62 Sunday Zoom Chat



We have held three Sunday Zoom Chat sessions and will continue to do so EVERY Sunday at 2:00 PM in the future as long as people show up. Check your email or contact me for details. Don't be afraid of Zoom ... you can call in from a Plane-Old- Telephone (POTS), a smart phone, tablet, laptop, or desktop computer all with or without video. If you have questions, please feel free to call me.

This is a great way to keep in touch with fellow Sirs.

Heber Slusser 408+769-1851  
[hebers@comcast.net](mailto:hebers@comcast.net)



## THE LOVE OF GOLF

BY: Pete Morelli

I love the game of Golf! To me it is a metaphor for life! The rich history and traditions of the game are enough to rival any family history. Each new day (round) starts out fresh and filled with promise. As the day (round) progresses we undoubtedly will encounter challenges. Some we overcome and experience pure joy (holing out from the sand!), some we struggle thru thinking is this ever going to end (COVID-19)? And yes, it eventually does, and we are stronger for having experienced it. (I'm not proud I got a 9 on that par 5 but at least I didn't give up and I counted every stroke!) And thru it all we are accompanied by family and friends to either share the joy or pick us up when we stumble and fall. I think the following poem describes my relationship with the game:



## ODE TO GOLF

Author: Allan Berman

In my hand I hold a ball.  
White And Dimpled, Rather Small.  
Oh, How Bland It Does Appear.  
This Harmless Looking Little Sphere.

By Its Size I Could Not Guess  
The Awesome Strength It Does Possess.  
But Since I Fell Beneath Its Spell  
I've Wandered Through The Fires Of Hell.

My Life Has Not Been Quite The Same  
Since I Chose To Play This Stupid Game.  
It Rules My Mind For Hours On End  
A Fortune It Has Made Me Spend.

It Has Made Me Yell, Curse And Cry  
I Hate Myself And Want To Die.  
It Promises A Thing Called Par  
If I Can Hit It Straight And Far.

To Master Such A Tiny Ball  
Should Not Be Very Hard At All.  
But My Desires The Ball Refuses  
And Does Exactly As It Chooses.

It Hooks And Slices, Dribbles And Dies  
And Even Disappears Before My Eyes.  
Often It Will Have A Whim  
To Hit A Tree Or Take A Swim.

With Miles Of Grass On Which To Land  
It Finds A Tiny Patch Of Sand.  
Then Has Me Offering Up My Soul  
If Only It Would Find The Hole.

It's Made Me Whimper Like A Pup  
And Swear That I Will Give It Up.  
And Take To Drink To Ease My Sorrow  
But The Ball Knows ... I'll Be Back Tomorrow.

And be back we will . . . the only question is when, not if. In the meantime, stay safe and healthy till we can get back to normal . . . whatever that will be in the future.

# Branch 98 Roseville/Rocklin

Branch 98 had our first Virtual Luncheon Meeting using Zoom technology. It was our “roll out” edition and we had a number of rough edges and members experienced a variety of log-in issues and other problems. We had a tight time frame to get the login data to members using the new SIR State Zoom agreement. Thanks to Len Sampaio, Brien Hensley, Pete Morelli and David Bills for their contributions.

Our next Zoom meeting is scheduled for July 8. Details of the login information will be available in plenty of time. If you are new to Zoom, listed below are some tips on getting started. Once you use it, I hope you will fall in love with it.

Zoom is a web-based application which make it easy to communicate over the internet both visually (video camera) and/or verbally (microphone). It runs on a desktop, laptop, tablet and smartphone. The bigger your display, the newer your computer and the faster your internet connection the better your experience. If you don't have a video camera & microphone on your PC, you can easily purchase one thru service like Amazon. I recently purchased the “Victure Webcam” from Amazon for about \$50. Local stores have had trouble keeping webcams in stock due to the popularity of webinars.

There is great Zoom documentation on the internet. Zoom has lots on [www.zoom.us](http://www.zoom.us) and so does YouTube [www.youtube.com](http://www.youtube.com) (search for “How to use Zoom”).

It easiest to use Zoom if you create a FREE “Basic” account at Zoom.us which downloads the Zoom application to your device. Once you have a FREE “Basic” account you should go to your “PROFILE” and edit your full desired name (Joe Jones) so that others know who you are and Branch 98 can check you in as attending one of our sessions. It's nice if you can add a picture that best represents you to others when your camera is turned off. To make the Zoom screen take up your whole display click on “Full Screen” in the upper right-hand corner. To return from “Full Screen” hit the ESC key. To change how your participants appear on your display you can select “Speaker” mode (the speaker becomes dominant and everyone else is smaller and to the right side) or “Gallery Mode” (multiple participants appear in the same size with usually up to 25 per screen). To select the desired view, click on the desired label in the upper right-hand corner of the display. The label shows the mode you want to move to. To best watch a presentation with Zoom, make the presentation and the speaker appear side by side (you can change the size of each by sliding the divider left and right). To setup side by side click on the yellow “View Options” button on the top of your screen and towards the bottom of the now visible selections click on “Side x Side”. There is so much more you can do with Zoom, but this will get you started.

We wanted this Zoom experience to be a time to see old friends, so we created a social half-hour at the end of the meeting. In “Gallery Mode” we saw 25 of our friends on the screen and scrolled left and right to see more pages. We saw friends with longer hair, beards and wearing weird clothes.

In July, we will move the social half-hour to the beginning of the meeting. So plan a fun Virtual Lunch on July 8. Details will follow through an email.

“Been doing tons of crunches since the lockdown began. Crunchn' these chips, this popcorn, these cashews, this cookie...”

**Guest Speaker Information**  
**Alan Baker, Senior Technology Specialist at IBM (ret.)**

In these trying times, we felt this speaker was very appropriate as we are all trying to keep safe both in health and personal information. **So join us on ZOOM and enjoy.**

Alan Baker was a Senior Information Technology Specialist at IBM. Before that he was a [USAF pilot](#) and ran a small business. In retirement he enjoys helping non-profits with their technology needs. He was webmaster of his SIR Branch and currently serves on the SIR State Information Systems team helping branch webmasters around the state. He also designed the new State SIR website at [sirinc.org](http://sirinc.org).

Alan has spoken about internet security with many SIR branches and other community groups. He also does education and outreach through AARP Fraud Watch. You can see him in a 2019 TV interview on this topic at [https://www.youtube.com/watch?v=S4m8Z\\_afB4](https://www.youtube.com/watch?v=S4m8Z_afB4)

Alan recently moved to Folsom and he divides his time between California and Vermont. In California he helps seniors with income taxes through AARP Tax-Aide and in Vermont he builds trails and plays Pickleball.





# Branch 98 Roseville/Rocklin

## SIR TRAILS – 2020

SIR TRAILS is a Branch 98 walking & hiking activity for members, spouses and guests.

Our Grand Re-opening on 6/17 was a little less than Grand:

It was good to meet Al Lipson and see Del Wong again, and Nelly and I always enjoy a nice stroll together. In the good old virus free days the chance to enjoy some beautiful scenery while walking or hiking with friends - followed by a social at a nearby eatery - encouraged an enthusiastic turnout. Our small turnout on the 16<sup>th</sup> clearly shows our members (and guests) are not quite ready to venture out. Understandable, to be sure. However, SIR TRAILS remains an open activity and we hope for those of you who are in good health and hankering for some exercise in open air while celebrating Mother Nature's best with friends will join us for our next outing:

**When:** Wednesday, July 1

**Time:** 9 AM (Meet in parking lot)

**Where:** Dry Creek Community Park Trail  
9235 Walegra Rd., Roseville  
(Plenty of parking.)

**What:** We'll walk an easy (peaceful setting) 3.5 mile out & back trail on a combination of paved and good dirt paths with views of the creek and wooded areas. The trail cuts through the golf course at Morgan Creek.

**Expect:** Walking temps in the mid-80s; 50/50 sun/shade exposure; bring water

### The Rules:

Be healthy and not exposed to anyone sick. Those with underlying high risk medical conditions should not attend at this time.

Drive to site in separate family groups.

Wear masks, while waiting to start and on the trail.

Maintain physical distancing at all times.

No meals afterward until physical distancing and safety can be assured.

**CONTACT ME IF YOU PLAN TO ATTEND:**

Alan Ensign, Activity coordinator

[aensign3941@gmail.com](mailto:aensign3941@gmail.com) / 925 407-5335

Planned walks & easy hikes (2 hour max):

7/15 9AM - Miners Ravine entering from Veterans Memorial downtown Roseville.

8/5 8:30 - Mormon Island Cove A little more adventurous trail entering off Green Valley & Sophia Parkway in El Dorado Hills.



## Bocce Ball Update

By Gordon Badovick

Do some of you miss bocce ball???? Now that Sun City has opened up the bocce ball courts for limited play and I have submitted a plan to the BEC, hopefully, by August 10<sup>th</sup> we might be able to start offering bocce ball again as an activity. The hope is that we might be able to start scheduling some play time after August 10<sup>th</sup> if the BEC approves our plan to restart the bocce ball activity. There may be some hurdles to overcome yet before we can try to play. I will keep everyone on the bocce ball mailing list informed as things progress.

Let's hope we can at least get a few months of bocce ball play in this year for those who are interested and are willing to follow social distancing and other guidelines that will be required. If you have any questions regarding bocce ball during our hiatus, please don't hesitate to contact me, Gordon Badovick, at (916) 773-5504 or at [drobadovick@aol.com](mailto:drobadovick@aol.com).



THE WORLD IS NOW  
VEGAS. EVERYBODY'S  
LOSING MONEY, IT'S  
ACCEPTABLE TO DRINK  
AT ALL HOURS AND NO  
ONE HAS ANY IDEA  
WHAT DAY IT IS.

new mask for when the bars reopen.



BEES PREPARING  
FOR THE MURDER HORNETS



## Fairfield/Suisun Branch 106

Addressed to Area 7 Governor, Carl Mason on July 17.

We just had a long time member pass away last night. His name is Raymond (Ray) Ganzer. He was an HLM member, turning 94 this year, 30 yr member of SIR and a WW2 veteran. He was a young man and entered service near the middle/end of the war.

He was also a former Big Sir and a Member of the State Golf committee many years ago.

I was wondering if the state wants to receive information like this when a long time SIR member, former Big SIR, HLM and someone who participated on a state committee passes? Don't know if anyone at the state level remembers him. Ray had Alzheimer's last few years and his daughter Deborah cared for him. I think when you visited she was there during lunch sitting with him in the back of the room. Ray still could remember he wanted to come to lunch with the Sirs so we bought both their lunches if she would bring him.

Another side bit of info- we held a face to face BEC meeting this week. We met outside at a members house who lives outside of town with a lot of property so we kept a distance. The guys wanted to talk so the meeting ran a little long but I think they all appreciated it.

We have canceled our yearly picnic we usually have in Sept.

We are considering canceling our Christmas party. I have asked each BEC member to think outside the box on some way to still celebrate Christmas and meet all the precautions. Has the State or other branches come up with plans for December? Might be a topic for Ed Benson at our Aug zoom.

Wash Your Hands

Rick Newman

Big Sir Branch 106



# Chico Branch 110



**On June 16, 1970:** Phil Mickelson, an American professional golfer, three-time winner of the Masters, as well as one PGA championship and the British Open was born. But here is "the rest of the story". His father **Phil Mickelson, Sr.** was a Chico State graduate and was a charter member of the first Chico State ski team where he qualified to compete in all five events (slalom, giant slalom, downhill, cross country and ski jumping) and was recognized by the Chico State Athletic Hall of Fame for his leadership in enlisting Art Acker and the student government to form an intercollegiate ski team. Phil and his wife Mary raised three children all of whom were taught golf in their backyard at an early age. Phil Jr. began at 18 months.

**On June 23 1970,** the last "Red Skelton Show" aired on CBS-TV **Richard Bernard "Red" Skelton** (July 18, 1913 – September 17, 1997) was best known for his national radio and television shows and especially as host of the television program *The Red Skelton Show*. The sketches were usually built around one of Red's many characters, including "Deadeye", an incredibly inept sheriff, "San Fernando Red", a shady real estate agent, "Cauliflower McPugg", a punchdrunk boxer, "George Appleby", a hen-pecked husband, "Junior", the Mean Widdle Kid", "Clem Kadiddlehopper", a hick, and "Freddie the Freeloader", a bum with a heart of gold.



Skelton in 1960



Clem



Freddie



## Piscatology

The fishing group continues to fish individually and in small groups. Some of our group are having good success at Davis Lake, near Portola. Three guys caught 5 trout and 6 catfish last week. No meetings are planned at this time.

## Woodworking

In acquiescence with the new abnormal, we had no woodworking gatherings, but some did some tinkering at home.

Craig Lindquist made this red oak park bench recently. He gave it an oil-finish, and has put it in an inviting setting in the yard (see photo).



Don Levensaler has made five outdoor end tables (see photo), and has also built some new fencing.



## T-38 Fly Over Activity

Some of you may have been able to observe the salute to health care professionals on Friday, May 15 when four T-38 jets from Beale Air Force Base flew over Enloe Medical Center.



(Picture is courtesy of Ray Rolls)

# Chico Branch 110

**Woodworking** The woodworking group did not hold any activity meetings, but Don Levensaler and Bill Gebhardt finished projects. Don built a bed slide used for easy access to equipment under a camper shell (Left photo). The bed easily slides on hard slippery plastic strips called UHMW. Bill designed and formed a concrete base for a windmill and installed it in their Rose garden (Right photo). It was for his wife's birthday.



For something different this month, here's a short excerpt of From the Editor in Issue #276 of Fine Woodworking magazine entitled: The healing power of woodworking We each approach woodworking in a very personal way, and we get our satisfaction from it in personal ways. While appearing on our Shop Talk Live podcast at Fine Woodworking, furniture maker Nancy Hiller talked about the joy she gets from the work: "The brilliant thing about making something is that you get the satisfaction in three dimensions and sensually. It's aesthetic in all senses; you get to touch the wood, and to smell the wood, and to feel the wood." Indeed, there is great satisfaction in completing a project. But woodworking is more than that. For many, the shop is an escape from the daily grind, a healing shelter from life's stresses. When my oldest brother passed away suddenly in March, my woodworking helped me to refocus and to cope, providing welcome relief from the static noise that had enveloped the complicated processes of death and grieving. I am not the only person who has found therapy in woodworking. It's a story I hear quite often, especially from veterans who are trying to overcome the psychological and physical burdens of war. Tom McKenna, editorial director **The monthly woodworking information is faithfully provided by Michael Kobelt. Thank you for all your efforts.**



July 27, 1970: In Chicago, Sears, Roebuck & Company announced its plan to construct the tallest building in the world, to be 1,451 feet (440 m) high, taller than the what was the 1,350 feet twin towers of the World Trade Center in New York City. The 110-story **Sears Tower** (now called **the Willis Tower**) took its first tenants in 1973 and remained the world's tallest building until 1998. It is the now the third

tallest building in the Western Hemisphere and the 23rd-tallest building in the world. The **Central Park Tower** at 1,550 feet is the tallest residential building in the world. It was completed September 2019. **One World Trade Center** at 1,776 feet (also known as One World Trade, One WTC, or Freedom Tower) is the main building of the rebuilt World Trade Center complex in Lower Manhattan. One WTC is the tallest building in the United States, the tallest building in the Western Hemisphere, and the seventh-tallest in the world. The 2,717 feet tall **Burj Khalifa** in Dubai has been the tallest building since 2008.



**Sears/Willis Tower**



**The Central Park Tower**



**One World Trade Center**



**Burj Khalifa**

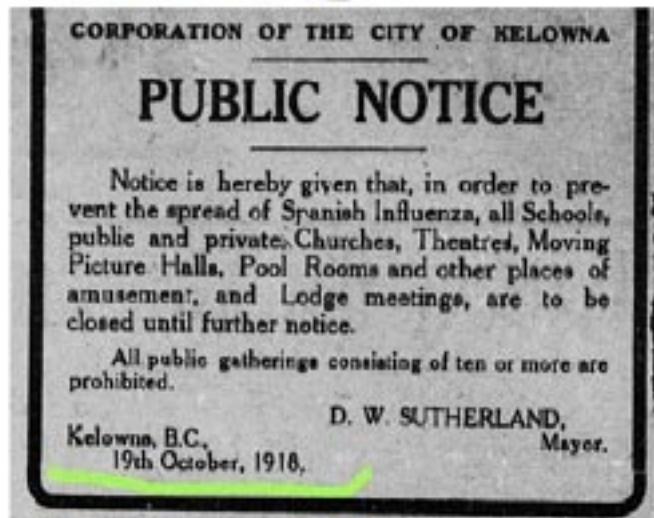


## 100 Years Ago

Well actually a little more than 100 years ago! While progress has been made with respect to treatments and creation of vaccines for pandemic viruses, it would appear that not much has changed with respect to prevention. Note the 1918 Public Notice regarding the Spanish flu. Sound familiar?

The picture below is also from 1918. Note the sign on the woman on the far right.

*These images are courtesy of Rocky Rockwell.*



**Deyber Art** One of Barbara Alger's favorite artists is Robert Deyber. His artwork is full of surprises. Every canvas revels in the artist's sense of humor; each painting a visual rendering of a clever turn on a common phrase. Despite his sense of fun, however, Robert Deyber is a seriously skilled painter. He is endlessly intrigued by visual imaginings that reside in the realm between reality and fantasy, and he is clearly able to render these imaginings brilliantly. His artwork is highly narrative in nature; his paintings convey an almost dreamlike quality to the bemused viewer. Most of his paintings have clever titles.

Can you deduce what the title of this piece is?



Wild Goose Chase

# Branch 125 Westgate

## GOLF & BOCCE RESTART PLANS

The State SIR directed that each branch must have a BEC-approved Restart Plan for activities such as golf and bocce, and that each branch must wait at least 30 days after the approval of the plan before beginning these branch-sponsored activities.

Below is the Restart Plan for golf and bocce approved by Branch 125 BEC in May. **Golf is now permitted in Santa Clara County and Wednesday golf for Branch 125 has resumed. Monday bocce will resume when bocce facilities are allowed to reopen. See page 3 for more details.**

- The Branch rules of participation, for both members and guests, will reflect the most restrictive golf constraints as published by either the State of California, Santa Clara County, or the local golf course/bocce facility to be played.
- The ultimate goal is the health and well-being of each participant, with the maintenance of 6 feet social distancing at all times being the most critical requirement.
- Prior to play, all participants will receive written notice of the current rules and the constraints under which the activity will be played and acknowledge receipt thereof.
- These rules and constraints will be updated as needed to conform to the most current State of California and local guidelines.
- During play, all participants should continuously assist each other to remember and abide by the rules and constraints for everyone's safety.
- Any participant intentionally failing to abide by the current rules and constraints may be denied further participation

## TRAVEL WITH SIR

It's been a rocky road for all you travelers with the stay at home Coronavirus outbreak. The SIR Travel options offered in the past may be coming to an end. The Coordinated Travel Committee had a Zoom meeting in June to discuss the future of SIR sponsored travel. We plan to meet again in September to resolve SIR sponsored travel. No one from the California SIR Management team has volunteered to manage all the Area Travel Branches. One of the options is for the Travel escorts to plan future trips not sponsored by SIR. But then we may not be able to advertise trips at the luncheons. More to come in September.

Here is a current update on SIR travel.

**CANCELLED TRIPS:** June/July Cruise to Alaska; June Terracotta Warriors; July Canadian Rockies; August Upper Mississippi Cruise; October Paris to Normandy Cruise; November South Pacific.

**TRIPS STILL OPEN:** October 3-16 Niagara Falls; December 30 -January 3 New Years in Vieox Carre.

**RESCHEDULED TRIPS:** July 11-19, 2021 Canadian Rockies; April 6-18, 2021 Paris to Normandy Cruise.

**NEW TRIP SCHEDULED November 2021 Adriatic Sea.**

Stay safe and hope for a new 2021 travel year.

Alan Patmore, Travel Chairman

## WEEKLY BOCCE

Bocce is a sport that requires handling of bocce balls and fairly close contact so it will be a challenge to meet current social distancing and sanitization requirements. Our required Restart Plan is summarized on page 2.

**Gary Schrader** is staying in touch with Campo De Bocce on what changes are being made to protect individual players. On June 23, Gary and four others played a game in the outside area and using the guideline requirements on distancing, sanitation, and sterilization.

## DATE NIGHT

Currently, restaurants in Santa Clara County are allowed to open for outdoor dining. The Public Health Department has not yet announced when indoor dining will be permitted.

**Jim Fouse** is researching the best places that could accommodate our Date Night guests safely and under the strict guidelines of the county. One possibility he is exploring is to schedule two dates nights with limited participation. This would provide an opportunity for all our regular attendees to attend a dinner but still meet the Covid-19 restrictions. Stay tuned as Jim works out the details.

## WINE TASTING

These activities will await full release of all the Federal, State, and County restrictions regarding Covid-19. Upon receipt of their latest guidelines and the Branch 125 BEC approval, these activities will again become available for members to begin participation.

**David Butt** will be in contact regarding when and where the next wine tasting will occur. He predicts that the next few tasting events will be in members' backyards since we are enjoying good summer weather.





## MOUNTAIN MEN - Dave Baugher

**M**y article about hiking and Monte Wolfe last month got me anxious to go out and hit the mountains. So, Luann and I headed to Highland Lakes for a couple nights and do a little adventuring. Together, we climbed to Arnot Peak, one of the only 10,000' peaks in Alpine County. Never heard about Arnot Peak? Well, let me tell you about one of the most famous judges in old California and the mountain that bears his name.



Born in New York in 1845, Nathaniel Arnot came to California with his parents in his early days. He graduated from the Brayton Grammar School in Oakland and was one of the last graduates of the College of California, the predecessor of the University of California. Nathaniel Arnot was a member of the class of 1869.

From California, the young man went to Albany and entered the New York Law School, from which he graduated in 1871. Returning to this state, Arnot opened a law office in Placerville. In 1880 he was elected Superior Judge of Alpine County. Arnot held office until 1904 when he moved to El Dorado County, and in 1906 he was elected Superior Judge. He held office until his death.

Judge Arnot was 72 years old when he passed at St. Luke's Hospital in 1917. In

all his years on the bench, not one of Judge Arnot's decisions was reversed by the Supreme or Appellate courts. He was survived by his wife and six sons and two daughters. In 1963, the descendants of Judge Arnot fixed a plaque commemorating the peak to his Honor and the family.

Luann and I had lunch on the peak after signing the register that sits in a steel-cased box placed firmly under a pile of rocks. The hike was tough, and we had to break out our crampons to cross one steep snowbank on the approach to the summit. There is no marked path or trail to the peak, and adventurers need to use map, compass, or GPS to find the route up. Don't ask Luann about this, but she claims we were lost at one point on this hike; however, we were always safe and made it back to camp.

The evening after summiting Arnot Peak, we were treated to a real Sierra mountain storm. John Muir once said, "When the Sierra goes on a rampage, there is not much mere mortals can do but stand by and watch in awe." That was quite an experience having the lightning and thunder entertain us for the night!

Hiking and tramping are my game in the spring and summer, even when "sheltering-in-place." This July I'm heading off on another hike, this time across Oregon on the Pacific Crest Trail. Tell you about that next month.

# Branch 152—Arnold

*I've sort-of been sheltering-in-place, so there are no personal travel tales to share this month. However, I do have a joke: So a mushroom walks in a bar, and the bouncer said, "Sorry, there is not enough room," the mushroom replies, "Oh ok, but I don't take up much- room..."* I love adventures and traveling. Within our family, there is an old joke that my next start-up will be the 'Baugher Adventure Company.' Yet, due to current circumstances that we all know too well, there has not been much traveling or adventuring. However, April brings a favorite escape for me. Let me tell you about it. Around this time, when it rains, it spores; in other words, mushrooms start popping up. This is also the season when animals go crazy with mating fever, and locally our turkeys go blundering onto highways oblivious to oncoming traffic (Luann lost a mirror on her SUV to one of these flying bombs last week). Coincidentally, it's also mushroom hunting season, the time when otherwise rational individuals abandon families and forsake jobs to pursue elusive fungi that are a second- cousin to athlete's foot fungus. I confess that I'm one of these individuals. Mushroom hunting is not as dangerous as big game hunting; however, it can be hazardous to your health. The chance that you might get sick or die from eating the wrong kind of mushroom is part of the attraction. A lot of people have died from eating mushrooms, including the Roman Emperor Claudius (who should have known not to eat his wife's cooking). To avoid this kind of jeopardy, yours truly has spent numerous years studying mushrooms and assorted fungi with the Santa Cruz Mycological Society in the Bay Area. Locally, while out foraging in the woods, I pick boletes and morels and other edible varieties. Morels sell for \$35 per pound fresh and \$300 dried. In the state of Michigan, over 1/2 a million people hunt for mushrooms during the May Morel Hunt, and 17,000 people visit the annual Mushroom Festival. Here in California, the Fungus Federation holds a yearly Fungus Fair every January. The fungus can be entertaining! However, there is a dark side, be aware every mushroom hunter has a little larceny in their heart. They want something rare, tasty, expensive, and they want it for free. The best place to hunt mushrooms is on someone else's property. If you are not trespassing, you don't get the genuine, morel experience. That guy you saw weaving in-out- around properties early in the morning; Certainly, not me. It takes a special kind of person to hunt mushrooms. It's like therapy. There's serenity in it. You have your thoughts and yourself and the woods, and you get to watch nature unfold, along with a little thrilling larceny. *That's my confession, I've sort-of been sheltering-in-place, though occasionally going for a tramp in the woods. A final thought; "A mushroom went into a bar and saw some algae at a table. He went up to one and said: "You're lookin' all-gal to me." She looked him over and said, "And you look like a fun-guy," and they took a-likened to each other.*

## MOUNTAIN MEN - Dave Baugher

*Occasionally going for a tramp in the woods leads one to dream about longer treks, and this sheltering-in-place-stuff (SIP'ing) has gotten old. So, it is time to plan some real adventures, and one I am especially looking forward to this summer is an adventure to Monte Wolfe's cabin. Did you know Monte Wolfe is a real person and had a small house in this locale? Folks in our part of the Sierra Nevada still swap stories about the man called Monte Wolfe. Well, let me tell you about our real Ebbetts Pass mountain man.*

They say he eluded the law for years and survived alone in the deep snows of winter. They say his exploits, hunting, cabin building, and survival in remote mountain wilderness in the 1920s and 1930s made him the last real mountain man. Some say his real name was Ed McGrath and that he was part American Indian. Whatever they say, we know that Monte Wolfe chose the rugged canyons of the Sierra Nevada as his home where he could range unhindered over several hundred square miles, hunting, trapping, and fishing. He prided himself on his ability to live off the land and turned himself into a legend in the process. He loved the grandeur of the mountains and the quiet, privacy it offered. He liked people, too, on his terms. Some swore he was a wanted man and were afraid of him. Others loved him for his unique lore of the woods and his willingness to share it. Monte disappeared in 1940. Those who knew him speculate that he would have enjoyed the controversy and mystery his disappearance caused.

Monte Wolfe's cabin is located deep in the wilderness of California's Sierra Nevada Mountains. The cabin was the dwelling site of the legendary hermit and trapper who survived in the wild, and the building still stands. From the Bear Valley Ski Resort, you can look into the heart of Monte Wolfe's kingdom and I have had the privilege of going in there a couple of times in the past and will again this summer.

*The official book on Monte Wolfe is Veda Linford's "Monte, Lone Wolfe of the Mokelumne," printed in 1985. Near as I can tell, there were 70 copies produced, and Calaveras County has one of these copies. While SIP'ing this spring, I had the honor of spending an afternoon with the book, and now it is time to tramp on down to visit Monte's Cabin again.*





# Lake Tahoe Branch 160

SIR Lake Tahoe Branch 160 website update  
Jim Maxedon  
June 22, 2020

Gentlemen, I have been in contact with the State SIR web administrator and gained access to the SIR Lake Tahoe Branch 160 website. He has archived the old site and created a new site using WordPress publishing system. From that point I re-created the old site on the new site with a new look, theme, and navigation.

The first thing that I did was to replicate most of the information from the old site to the new site while using current officers, membership, and calendar information. So the new website is up to date.

The new website is here: <https://sirinc2.org/branch160/> For reference, the old site is here: [https://sirinc2.org/z\\_branch160/index.html](https://sirinc2.org/z_branch160/index.html) As you can see, the new site is somewhat golf centric. That is most of the information I have as far as activities other than meetings is concerned. I do have the 2020 Bowling schedule. I can add more activities to the site if that information is available and useful.

I have also created a “social media” space as a Facebook Group page. This is a place for interactions, posts, and comments among interested members. That page is located here: <https://www.facebook.com/groups/231849621520287/> I’m open to suggestions for enhancing the site, so let me know if you have any. Any other comments are welcome of course.

Thanks for letting me help with this project!  
Jim Maxedon – Webmaster 209-914-5669

Branch		160	Golf	Dates	2020	
DATE	TEE TIME	GOLF COURSE	TOURNAMENT TYPE	LUNCH	PLAYERS	FEE
7/20/20	8:30 AM SG	SILVER OAK	2 MAN – 1 BEST BALL		40	\$43.00
7/28/20 Tues.	8:30 AM SG	TOIYABE	4 MAN – 1 BEST BALL	cof/don	40	\$50.00
8/3/20	8:30 AM SG	GENOA LAKES	4 MAN – 2 BETTER BALLS		40	\$49.00
8/10/20	8:30 AM SG	WOLF RUN	4 MAN – 1 BEST BALL		40	\$50.00
8/17/20	8:30 AM SG	GENOA RANCH	HEIDEMANN CUP IND. STROKE PLAY		40	\$45.00
8/25/20 Tues.	10:00 AM SG	INCLINE VILLAGE (mtn)	2 MAN – 1 BEST BALL		32	\$50.00
8/31/20	8:30 AM SG	SILVER OAK	SIR CLUB CHAMPIONSHIP	YES	44	\$50.00
8/3/20	8:30 AM SG	GENOA LAKES	IND. STROKE PLAY		40	\$49.00
9/8/20 Tues.	8:30 AM SG	RED HAWK (LAKES)	4 MAN – MOD. SHAMBLE		40	\$55.00
9/14/20	8:30 AM MSG	LAKE TAHOE G.C.	4 MAN – 1 BEST BALL		36	\$50.00
9/21/20	9:00 AM SG	CARSON VALLEY	IND. STROKE PLAY	HOTDOG*	36	\$40.00
9/29/20 Tues.	9:00 AM SG	SUNRIDGE	2 MAN – 1 BEST BALL	YES	36	\$40.00
10/5/20	9:00 AM SG	GENOA RANCH			40	\$45.00
7/13/20	9:00 AM TT	APPLE MOUNTAIN	4 MAN – 1 BEST BALL		24	\$36.00
10/12/20	9:00 AM SG	DAYTON VALLEY	4 MAN MOD. SHAMBLE		40	\$35.00

NOTE: SG-SHOTGUN, TT-TEE TIME, MSG-MODIFIED SHOTGUN

1. SIGN UP ONE WEEK PRIOR FOR EACH TOURNAMENT BY EMAIL WITH GOLF CHAIRMAN.
2. PAY GREEN FEE AT EACH GOLF COURSE.
3. \$5.00 PRIZE FUND TO BE COLLECTED BY DESIGNATED PERSON.

GOLF TOURNAMENT CHAIRMAN SIG HEIDEMANN, 775-265-4810, EMAIL [sigheide@aol.com](mailto:sigheide@aol.com). ASST. GOLF CHAIRMAN TOM SAWYER, 775-852-8675, EMAIL [tw@urn.edu](mailto:tw@urn.edu). All tournaments are subject to change.

# Windsor Branch 176

The "Beer Friday" guys are missing our Leader, Wayne! Just happen to have a photo of him making a speech from his platform recently!



Balancing a Rooster on your head while playing bocce ball deserves a Sifts salute to Jen!





# Windsor Branch 176

Unidentified Bocce Ball Court Cleaner  
Rooster Garden. Corn, Beans and Tomatoes.  
(photos by Len)



## Windsor Branch 176

Meeting Monthly Every 3<sup>rd</sup> Wednesday at Noon **on Hold**  
until further notice.

Charlie's Grill in the banquet hall  
130 19<sup>th</sup> Hole Drive Windsor CA

## Windsor Winds Pandemic Edition

July 2020

Volume 25 Number 272

[www.windsorsirs.com](http://www.windsorsirs.com)

## Little SIR – Frank Treanor

Greetings from Frank:

Hope you and your families are healthy and safe.

Another month at home, like a lot of you I am getting projects done that are low on the to do list. This keeps me busy, playing golf as well, as well as I can.

Sorry I missed the last few coffees, golf with my pal Jack. He will be away, and I will make it next week.

Bocce on Thursdays is great fun Thanks Stewart.

I don't really see physical meetings as viable until a vaccine is created and delivered. So, I guess we will have to depend on technology

Get those projects done and have fun with those around you.

By the way, Monday the 6<sup>th</sup> is Saint Donna and my 56<sup>th</sup> anniversary. I am blessed she puts up with me.

Be happy, joy filled and safe.

Frank



# Consumer Tips by Sir Jim Quon

## MAY 2020 CONSUMER TIPS

□ **Battery Bounce Test:** You can determine if an alkaline battery is ‘dead’ by comparing its ‘bounce’ off a solid, smooth surface (marble countertop works best) with a similar battery known to be a good, fully charged battery without the use of a test meter. Simply hold the battery in a vertical position with the negative (flat bottom) end down about 2” to 3” above the counter and drop it on the hard, smooth surface. Do this 3 or 4 times while observing listening to the bounce. Then do the same with a good battery. You should be able to discern a noticeable difference. The ‘dead’ battery should ‘bounce’ in a livelier manner and sound more ‘solid.’ As the battery becomes depleted with use, the internal chemical composition hardens and becomes more solid while the new battery is still in a semi-gel state and absorbs some of the energy when bounced off a solid surface. Think of it as similar to the way to determine if an egg is raw or hardboiled via the spin test. A raw egg will be very liquid internally and that will absorb the spin energy and stop in just one or two revolutions. But the hard boiled egg is internally solid-like and without the internal friction to absorb the energy, it will spin many revolutions before stopping.

□ **Mini-Tripod and Smartphone Camera Grip – Last month, I recommended a Smartphone holder that could be used as a tripod mount or an improved hand held grip for your Smartphone. Last week I found and bought another device that does the same as I mentioned above but has the added advantage of having a built-in tripod base that folds out to form an extraordinarily stable mini-tripod. It’s small, compact and even more versatile than the previous device. It’s the Kingjoy Mini Tripod Compact Desktop Tabletop Tripod Adjustable Camera Stand Holder Mount Adapter Universal Clip for iPhone, Android Phone Sports Cameral Go Pro. The cost is only \$9.47 on Amazon Prime. (Item no longer available on Amazon)**

□ **Recommended Local Costco Buys:** **1. Raos Marinara Sauce**, has been rated as the best bottled/canned Marinara Sauce by a number of culinary magazines, is available at Costco (2-Pack 28 oz. jars @ \$11). The supermarket, in-store price, for a smaller size jar (24 oz) is about \$8/jar. We recently discovered this product and can vouch for its high quality, great taste and texture. **2.** If you have a Cookie Monster in your household, look for **Raspberry Crumble Cookie** (\$8.59/dozen) in the Bakery Department of your local warehouse Costco store. You won’t be sorry in getting them! **3.** If you or someone in your family is a fan of **Potato Gnocchi, look for the De Cecco brand.** The product is shelf-stable and requires no refrigeration until after opening of the sealed package. The cost is about \$3/17.5 oz. package. Placed in boiling water, they only take 2 to 3 minutes to cook. This, along with some of the above premium commercial Marinara Sauce and some diced Italian, smoked beef or Andouille Sausage makes a really quick, easy main dish!

□ **Current Tipping Guidelines** – The standard tip for a sit-down and served meal in a restaurant has grown to be 18% - 20% before the Pandemic. But that kind of service is currently unavailable. So, what about takeout orders? Julia Esteve Boyd, an etiquette consultant, says, “You don’t have to tip when picking up takeout. No one’s delivering the food or serving it to you in the restaurant, so **it’s not necessary to tip** when you’re picking up food to go. Therefore, a tip would be optional. A fair tip **for a food delivery order is \$3 to \$5 per delivery.** Stash an envelope of bills near your front door so you’re always ready when food arrives. Raining or snowing? Consider tipping a few extra dollars. Bigger orders, like for an office get-together or a family party, will often include gratuity. Check the receipt before you hand a delivery person anything more.

□ **How long in freezer?** – Previously, I wrote about how “use by, Expiration, Sell By” dates were arbitrarily stated on processed and packaged foods. I wanted to report some anecdotal info about frozen foods in found in our large, upright freezer out in the garage. We were trying to use up aged and aging frozen items during the current ‘hunker down, Pandemic period’. We found a 10-year old, 3.5 lb. Beef Tip Roast, a 12 year-old package of commercially packaged, Oven Roasted, BBQ Chicken and a 4.5 year old New York Beef Steak. I thawed them all out, thinking we would throw them out. But my curiosity got the better of me and I cooked



# Consumer Tips-

them using the Sous Vide method followed by searing to finish them. Amazingly, the 10-year old Beef Roast was fine and had no hint of being that old. It tasted as good as any Roast Beef you would buy from a Supermarket Butcher Counter. It was very tasty, tender! The steak did taste a bit old along one edge. Trimming that part off solved that problem. The cooked chicken did taste old and was tough after thawing. But, it was still edible – just a bit dry and not very tasty. We ate some of it but did discard the majority of it. But, clearly, a 10+ year old piece of beef is not a problem if properly wrapped and well sealed. The take away here is – don't assume that old freezer items are no longer edible.

## JUNE 2020 CONSUMER TIPS

□ **Personal Cyber Security:** It's obvious that we now live in a very different world, especially in this digital age. As Covid-19 has put so many people out of work and resulting in much less public reality crimes that greatly reduce the opportunities for criminals such as robberies, product scams, fraud schemes, etc., they have turned to new ways to rob us of our money and financial security. Criminals have come up with new ways to take advantage of our heightened anxiety over Coronavirus.

### **1. Scam of the Week: Exploiting the Coronavirus: Malicious Zoom Installer:**

Whether you're working from home or trying to stay in touch with loved ones, video conferencing apps like Zoom are becoming the new normal. Cybercriminals have exploited this type of application before, but their latest scam may be the trickiest yet. Scammers are sending out phishing emails with links to download the latest version of Zoom. When clicked, the link takes you to a third-party website—not the official Zoom site—to download an installer. If you download and run the file, the program truly does install Zoom. The trick is, the installer also places a remote access trojan (RAT) on to your computer. This RAT gives cybercriminals the ability to observe everything you do on your machine. This includes keylogging (saving what you type), recording video calls, and taking screenshots—all of which can be used to steal your sensitive information.

Don't fall victim to this scam! Remember the following:

If an email directs you to install or update an application, do not click on the link in the email. Instead, go directly to the official website through your browser. This ensures you are accessing the real page and keeping your credentials safe.

When using a work device, reach out to your IT department before installing any software. They can check that the application is legitimate and safe.

**Stop, Look, and Think. Don't be fooled.** <sup>1</sup>

<sup>1</sup> From IT Dpt., Fibre Stars, Inc.

**2. False Products For Sale:** Con artists love to take advantage of new health scares to cash in on public anxiety. There are currently 1,000s of products being sold online with claims that they help fight or can prevent Covid-19. These range from 'protective hats,' access to Beta tested vaccines to vitamins and supplements that can build your immune system to ward off virus infection. Snopes.com, Liveabout.com (aka Urban Legends), Breakthechain.org and Hoaxbusters.org are just a few good online sites that try to keep up with the fake claims. <sup>1</sup>

**3. Phishing Scams:** With more people working from home, cybercriminals eager to gain access to corporate computer systems are on the prowl. Some email letters that may appear to be from the World Health Organization (WHO) or the CDC claim to offer new information about the virus. Some emails may also hint at the

# Consumer Tips-

availability of a vaccine and others to be from charitable organization looking to raise money for people with the disease.<sup>2</sup>

Consumers must be vigilant and use common sense before clicking on email links about the coronavirus pandemic. And never respond to emails asking you to confirm your personal data to prevent loss of service or closing of accounts to your bank or other financial institutions. If you feel there may be some merit to their warning or threat, do not use the provided link. Instead, open a new tab or window and go directly to bank/financial institution's online site to log on and check your account status.

<sup>2</sup> *From Consumer Reports*

□ **Kitchen and Food Concerns:** Now that we are cooking and eating at home more due to Shelter In Place restrictions, the following ideas/methods may be of help to you. These are intended to supplement any cooking tips from John Noll.

**1. Do not wash or rinse raw chicken** before marinating or cooking. Washing chicken does not remove bacteria. Washing chicken may increase your chances of getting food poisoning. Washing in the kitchen sink can't be done effectively without leaving a trail of bacteria everywhere that you handle the chicken. It's far better to make sure you minimize the handling of raw chicken and be sure to cook it to a minimum temperature of 165°F.<sup>1</sup>

**2. Try A-Sha Tainan Style Ramen:** This Taiwanese style noodle, unlike most ramen noodle packs, is a much healthier choice due to its much lower fat and reduced salt content. It tastes great! It can be easily used for a soup-noodle dish or a stir fry noodle dish. It's inexpensive, quick, nutritious and inexpensive at \$7.99 for a ten-pack at Costco. Tip: Do not overcook it. Just 2 – 3 minutes in boiling water until it becomes tender is good enough. It's better to have a little "al dente" to it than being too soft due to overcooking.

**3. When Frying or Sautéing** – always heat the oil in the pan until hot. Never start frying with a cold pan. The oil will be 'shimmering' when it is hot enough to put the food item in. When you put cold or uncooked food into a properly heated pan, it should make a loud sizzling sound. If it doesn't, you will have a tepid result with loss of texture, color and nutrition – a bit like stewing the food instead of frying it.

**4. Semi-homemade Marinara Sauce:** Last month I mentioned a really good and tasty tomato-based pasta sauce, the Raos Homemade Marinara brand. It's a bit pricey at just under \$10 for a 26 oz. jar. (about \$12 for a 2-pack, 28 oz. jar at Costco) but well worth it. If you prefer, you can take a jar of inexpensive sauce (Trader Joe's Marinara @ \$1.39) and augment the texture and flavor by adding 1 green pepper, a stalk of celery, 1 medium white or yellow onion all diced and sautéed before adding to the store-bought sauce. Add some fresh, minced garlic. Simmer for about 20 minutes and it will be ready for use. Tip: Sauté some diced Zucchini until it is lightly browned and add to the sauce. The browning will add even more flavor to the finished sauce.

**5. Consider Acquiring an Air Fryer:** These can be an excellent addition to any kitchen. Think of them as a small but very powerful (hot) and fast Convection Oven. They are outstanding for quickly reheating and browning baked/roasted/fried meats and other proteins, baked or deep fried pastries and sautéed veggies. These are simple devices – simply a heating element, a powerful fan, a cooking basket and a thermostat and timer. They're really easy to clean up. You can quickly reheat pizza slices, toast bread/rolls/muffins – faster



# Consumer Tips-

than in a conventional toaster or convection toaster oven. They were expensive when first introduced. Now you can get a good sized capacity unit from Big Lots for just \$22. Frozen or leftover fried foods reheated in an Air Fryer are as good as when they were first fried. Baked potatoes can be done quickly by microwaving them in their skins and then crisped up in the Air Fryer. This technique of heating something in the microwave (comes out hot but limp) and crisping (browning) them in the Air Fryer is simple, tasty and fast. Leftover or frozen Beignets, malasadas, fried dough, deep fried Chinese Sesame Balls, Arancini, Fried Shrimp, Tempura, steaks, Fried Chicken, Schnitzel, etc. all come out beautifully. Frankfurters for hot dogs can be done in about 2 to 3 minutes but with a good exterior texture instead of a limp dog!

**6. Microwave Fresh Corn on the Cobb:** This is a fast way to do corn – 2.5 minutes on high per ear with the husk still intact. After cooking, allow it to cool and chop the stalk end of the cobb off and peel the husks back and the silk should come off cleanly and quickly. To strip corn off the cobb, use a sharp, thin-bladed paring knife. Hold the cobb vertically on a cutting board and cut downward. The kernels should fall vertically to the cutting board without popping off and out onto your counter. The use of a larger, thicker blade such as a 7” Chef’s knife will produce a mess with kernels all around your counter.

**7. A Good Quick, Easy Chopped Salad** can be made in a matter of a few minutes. Simply dice 1 Medium Cucumber (English or multiple Persian), 1 Green Pepper, 1 Medium Celery Stalk, 1 medium tomato, 1 cup corn and 2 – 3 tablespoons of French or Catalina Dressing and add salt & pepper to taste. Mix it all together and refrigerate for at least an hour and garnish with diced Fresh Green Onions. Tip: Fresh Diced Green Beans and/or Fresh Dice Carrots can be added but they should par-cooked for a few minutes in the microwave to avoid their texture being too hard.

## □ Personal Health:

**1. Don’t skip your Annual Eye Exam!** Nearly 60 percent of people with diabetes skip their yearly eye exam, according to research from the Wills Eye Hospital. “Diabetes is a disease of blood vessels. In the eye, diabetes causes bleeding and leakage of fluid in the retina, which can cause loss of vision,” Wisner says, “If detected early enough, some of this loss can be reversed, but the more profound the damage, the harder it is to correct.” That’s why an annual dilated eye exam is crucial.

What’s going on in your eyes is a direct reflection of what’s happening in your kidneys, he adds; if an exam shows diabetes is not well controlled you have an opportunity to take steps to preserve your eyesight-and the rest of your body.

Jessica Migala has written for Prevention, Self, Marie Claire and more than 30 other magazines. <sup>3</sup>

<sup>3</sup> From AARP Magazine

**2. Diabetes and the Brain** - Diabetics tend to exhibit poor blood flow in the brain which may impede clearing out plaque and tangles in the brain. Studies have shown that people w/ Alzheimer’s have reduced blood flow. Some folks in the medical community sometimes (unofficially) refer to Alzheimer’s as ‘Type 3 Diabetes, because the disease has demonstrated a relationship with an insulin hormone that’s involved in Type I and II diabetes. This “type 3 diabetes” is a term that has been proposed to describe the hypothesis that [Alzheimer’s disease](#), which is a major cause of dementia, is triggered by a type of insulin resistance and insulin-like growth factor dysfunction that occurs specifically in the brain. This condition also has been used by some to describe people who have type 2 diabetes and are also diagnosed with Alzheimer’s disease dementia. The classification of type 3 diabetes is highly controversial, and it’s not widely accepted by the medical community as a clinical diagnosis. <sup>4</sup>

**Tip:** If your Primary Care Physician or other MD tells you that you are Pre-Diabetic, take that idea to heart. You should immediately begin your own education about Diabetes. It is incumbent on you to know all about what could potentially harm you or shorten your life.

# Consumer Tips-

<sup>4</sup> From AAA Magazine

**3. Check your earlobes** - It's long been observed that a diagonal crease in the earlobes, descending downward at about a 45-degree angle (known as Frank's sign), is an indication that you should be extra cautious about your heart disease risk. But the link has become more clear in the past few years. A recent study of 241 patients who were hospitalized with an acute ischemic stroke found that nearly 79 percent of them had earlobes with this exact crease. Another study showed that men with Frank's sign who were suffering from metabolic syndrome had shorter telomeres (a sign of accelerated aging) and greater degrees of atherosclerosis compared with those who lacked the sign. <sup>3</sup>

□ **Tesla Car Wash Caution:** Tesla has warned owners not to use automated car wash systems that don't allow drivers to stay in their car. Some car washes have declined to wash Tesla Model 3 vehicles. And Tesla owners have reported in online forums that it can be difficult to leave their vehicle in Neutral without a driver present because Teslas have safeguards to prevent rollaways of unattended vehicles. <sup>2</sup>

□ **Many More TV Channels Are Now Available via Internet Streaming** of their programs. When considering the acquisition of a 'Streaming Stick,' the Roku Stick is still the best way to stream content. It is recommended that you take a look at their devices rather than Apple TV. You can get the Apple TV+ channel on Roku devices now, and there is much more free content available on Roku as well (roku.com). <sup>2</sup>

<sup>2</sup> From San Jose Mercury News

□ **Rabbit hemorrhagic disease virus (RHDV):** Rabbits are now the 3<sup>rd</sup> most popular domestic household pets in the U.S. A Deadly Rabbit Virus appears to be headed to the Bay Area. Rabbits are the 3<sup>rd</sup> most popular domestic house pets (after dogs and cats). This disease is almost always 100% fatal to wild and domesticated rabbits. That's the bad news. Humans can pass it to rabbits but rabbits cannot pass it onto humans. That's the good news. More good news - A number of vaccines are available against RHD and are sold in countries where the disease is endemic. All provide 12 months of protection against RHD viruses. This RHD has been made its way to Los Angeles and is expected to arrive in the SF Bay Area in the not-too-distant future. Strict quarantine of pet rabbits is the best way to contain this virus.

□ **Hearing Aid Batteries** - last longer if used with manual controls instead of the software App loaded to your cell phone. Several days of use can be added to the battery life cycle in this manual mode. The cell phone app for control uses energy from the tiny battery to power the Bluetooth connection between the cell phone and the hearing aid.

□ **Hotel Concierge Tipping Info:** Tip \$5 to \$10 for theater tickets or dinner reservations; \$20-plus for special services. No tip for standard services (e.g., directions, door opening, etc. Tip \$3 - \$4 per night for Housekeeping Service. Leave cash daily on the desk or in front of TV. Tipping daily is better for the housekeeping maids because they seldom work consecutive days and the person that did the work might not be the one on duty to receive the appropriate tip for the previous nights work.

## JULY 2020 CONSUMER TIPS

□ **East Bay Times Best of East Bay Survey:** The following is the 2020 listing of the annual ratings for restaurants and bars in East Bay. These are rated by public reader survey responses. These are not necessarily my choices or recommendations. These are ranked by local reader survey.

Best Sports Bar: Clementine's, San Ramon

Best Wine Bar: First Street Wine Company, Livermore.

Best Bakery: Primrose Bakery, Pleasanton



# Consumer Tips-

Best American Food: Clementine's, San Ramon  
Best BBQ: Back Forty BBQ, Pleasant Hill  
Best Brew Pub: Danville Brewing Co., Danville  
Best Chinese Food: Uncle Yu's at the Vineyard, Livermore  
Best Deli: Geneva Deli, Walnut Creek  
Best French Food: Reve Bistro, Lafayette  
Best Frozen Yogurt: Yogurtland, various locations  
Best Ice Cream: Fenton's Creamery, Oakland  
Best Italian Food: Melo's, multiple locations  
Best Japanese Food: Sato Restaurant, Pleasanton  
Best Mediterranean Food: Shish Grill, San Ramon  
Best Mexican Food: El Charro, Livermore  
Best Pizza: Zachary's, multiple locations  
Best Seafood: Walnut Creek Yacht Club, Walnut Creek  
Best Steakhouse: Ruth's Chris, Walnut Creek  
Best Thai Food: Lemongrass Bistro, Livermore  
Best Vegetarian: Veggie Grill, Walnut Creek  
Best Vietnamese Food: Kevin's Noodle House, Walnut Creek

□ **Hand Sanitizing:** When using a small pocket/purse spray applicator to dispense alcohol based sanitizer, spray liberally on one hand and clasp and rub your hands together spreading it on all parts of both hands. If you try to spray equally on both hands, the liquid is so thin in viscosity that it will evaporate from the first sprayed hand before you can do the other hand. Also, because it is high in alcohol content, do not use in close proximity to any live flames.

□ **Plastic Lens Care:** By law, all eyeglasses sold in the U.S. must be made of either high impact resistant plastic or tempered glass. Plastic is less expensive, easier to shape and lighter in weight. 90+% of all eyeglasses are fitted with plastic lenses. These lenses should be cleaned with care as they are easily scratched even when coated with scratch resistant, protective coatings. Never use any dry paper products – not even Kleenex or even dry lens tissue. Always use these products in a wet or moist form so the fibers are soft enough to avoid scratching the lens surface. Use moist towelettes commercially available for this purpose or use soft cotton or microfiber cloths. When using a commercial eyeglass cleaner solution, do not spray directly onto the lenses. Instead, spray your cleaning cloth to moisten the cloth for use. **Tip:** Premoistened Lens Cleaning Towelettes can be purchased in bulk packs (20 – 120 moist, sealed pouches) for as little as 5¢ each, at Walgreen's, CVS, Dollar Tree and 99¢ Only Stores.

□ **Kitchen and Food Items:** Now that we are cooking and eating at home more due to Shelter In Place restrictions, the following ideas/methods may be of help to you. These are intended to supplement any cooking tips from John Noll.

**1. Peeling Potatoes?** Instead of pulling out your trusty peeler, grab a pot of boiling water instead. Trace a small line with a knife around the center of each potato and allow the entire bunch to simmer in the boiling water for fifteen minutes. When the time is up, transfer each potato to a bowl of ice water. When the potatoes have cooled down, you'll be able to slide the peel off easily and continue with the rest of your cooking. This technique will work on most varieties of potatoes. This also works when doing just a few potatoes in the microwave.

# Consumer Tips-

**2. Extend storage life of fresh berries** by dipping in a mild solution of water & apple cider vinegar, drain and store in fridge.

**3. Put a Dishtowel Under Your Bowls and Cutting Boards** - There's nothing worse than trying to prepare something in the kitchen while all your tools are slipping and sliding around your counter. Whether you're mixing in a bowl that keeps trying to get away from you or slicing on a cutting board that won't stay put, creating a little traction on your counter will lead to easier cooking.

**4. To make bananas last longer** - Wrap plastic wrap around the stalk end of a bunch of bananas to cut off exposure to oxygen in the air to slow down ripening process. Secure with a rubber band or tying off the plastic wrap.

**5. For Fluffier Scrambled Eggs** - Add a spoonful of mayo to scrambled eggs instead of water or milk. It will also improve the flavor.

**6. Fast Freeze Berries** - When freezing berries, place berries on a flat sheet in a single layer and place in the freezer for fast freezing. When frozen, transfer to a Ziploc Bag and seal with as little air in the pouch as possible. Fast freezing results in less moisture loss upon thawing because ice crystals are smaller. This means the berries will better retain their original shape, flavor and texture after thawing.

□ **Comcast/Xfinity Users Tip:** Comcast/Xfinity, like all internet service providers will occasionally suffer outages. If you should lose your Internet connection (may include telephone, TV and home security system) the fastest and easiest way to determine if it is a local system issue or you own internal home issue – use your cell phone and text “outage” to #87808. You will be notified of the system status for your local area. If the service is normal for your area, you can report a problem at your location at that time.

□ **Keeping Your Vehicle Battery Charged:** Most of us have two or more vehicles in the household even though we're 'empty nesters.' That may mean that in this time of Shelter in Place, one or more of the vehicles will not be in use for long periods of time. To keep the vehicle battery properly charged, it's a good idea to make a point of driving your secondary vehicles at least once every 3 to 4 weeks, or more frequently if the battery is more than 2 years old. In lieu of driving it periodically, you can start it and simply let it idle for about 10 minutes. That should be enough to keep the battery charged and circulate warm/hot oil through the engine. If you are going to leave the vehicle unattended for months at a time, you can connect an AC powered trickle charger to the battery or connect a 5 watt solar panel charger. Both can be used to keep the battery at full capacity.

□ **Consumer Reports New CCR Feature:** CR has just announced a new program that allows shoppers to get ratings and reviews on products by scanning the QR code (when available) on the product display materials or on the product for 'brick & mortar' locations using your Smartphone camera. This code will also be displayed on web pages for online shopping websites (when available). Look for the “CR RECOMMENDED” logo. Here's how it works – manufacturers of products that earn high ratings after comprehensive testing in the CR labs may choose to display “CR Recommended” for their products on their own sites, on other shopping sites, in stores, and on their product packaging, provided they agree to abide by CR's strict guidelines. Scanning this QR code or 'clicking' on the CR Recommended symbol will provide shoppers with the CR overall score and short review. Manufacturers will pay a small flat fee for this CR feature. This feature was designed to assist the increasing population of online shoppers and combat fake online reviews and scams. This new CCR feature is available to all. Membership to CR is not required.